



Southern Trust Recovery College

Wellbeing education for everyone

Upcoming Courses

Course Title	Date/s	Time	Venue
<p>Top Tips for Anxiety</p> <p>This course will provide you with some simple strategies and top tips to help you understand and manage your anxiety.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Understand what Anxiety is and how it can impact us. • Implement strategies to help manage your Anxiety. 	1 st April 2025	9.45 am – 12.15 pm	Wellbean Café, Newry
<p>Understanding & Managing Low Mood/Depression</p> <p>This course aims to give you the knowledge required to understand the impact of and key issues surrounding Low Mood and Depression and ways in which to manage it.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • To understand what Depression is • To understand possible causes, signs and symptoms • To discuss the impact of Depression • To be aware of evidence based and recommended treatments and supports for depression. • To discuss how to ask for help and how to access it. 	3 rd & 10 th April 2025	1.30 – 4.30 pm	European Room, Moylinn House, Craigavon

<ul style="list-style-type: none"> To learn strategies for keeping ourselves well. <p>*Please note attendance at both sessions is required</p>			
<p>Compassion Fatigue</p> <p>Compassion fatigue is an emotional and physical burden created by the trauma of helping others in distress.</p> <p>This course looks at the symptoms and stages in Compassion Fatigue and highlights self-management strategies that can be employed to maintain wellness.</p> <p>Topics covered are:</p> <ul style="list-style-type: none"> What is compassion fatigue? Recognising the signs and symptoms of compassion fatigue Identifying strategies to support and manage compassion fatigue 	8 th April	10 am – 1 pm	Ballybot House, Newry
<p>Volunteer Awareness Session</p> <p>Are you interested in volunteering with the Recovery College?</p> <p>The Southern Trust Recovery College works to empower those with experience of mental health illness to realise their potential and foster hope, opportunity and control.</p> <p>Have you had a positive recovery journey? Could you spare a few hours a month to help others in their recovery journey?</p> <p>Join our information session to find out more.</p>	9 th April 2025	7-8 pm	Online via Microsoft Teams
<p>Understanding Traumatic Grief</p> <p>This course is for those who have experienced a traumatic bereavement or for those who are living with/helping someone after a traumatic bereavement.</p> <p>The aim of the course is to provide an overview of how suffering a traumatic bereavement can impact on a person's mind and body; and outlines support that is available locally.</p>	15 th April 2025	10 am – 1 pm	Ballybot House, Newry

<p>*Please note that this course is not intended to replace Trauma Therapy.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • What usually happens after a bereavement or loss. • Understanding a complex grief disorder. • What help is available. 			
<p>Building and Strengthening Your Resilience</p> <p>This course aims to help participants understand what is meant by resilience and help acknowledge their own resilience as well as build on strategies to improve resilience.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Recognising resilience • Understanding self- awareness • Developing a resilience plan 	17 th April 2025	1.30 – 4.30 pm	European Room, Moylinn House, Craigavon
<p>Wellness Toolbox</p> <p>This course explores the theme of ‘wellness’ and what it means to you.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • What am I like when I am well? • Recognising and identifying what wellness tools that work best for you • Exploring other potential wellness activities • Developing your own ‘Wellness Toolbox’ 	29 th April 2025	9.45 am – 12.15 pm	Wellbean Café, Newry
<p>Top Tips for Anxiety</p> <p>This course will provide you with some simple strategies and top tips to help you understand and manage your anxiety.</p> <p>Topics covered include:</p> <ul style="list-style-type: none"> • Understand what Anxiety is and how it can impact us. • Implement strategies to help manage your Anxiety. 	30 th April 2025	2-4 pm	Online via Microsoft Teams

To register your interest in any of the above courses please get in touch using the contact details below:

Tel: 02837561938

Email: Recovery.college@southerntrust.hscni.net

Alternatively you can use the below link to register your interest:

[Recovery College Register Form | Southern Health & Social Care Trust \(hscni.net\)](#)